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The Solari Report

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Special Solari Report Cold Therapy and Breath The Wim Hof Interview



C. Austin Fitts: Hello, Ulrike! It's great – we are doing one together!

Ulrike Granögger: We are doing one together, and it's such a joy to talk about Wim Hof and about the Wim Hof Method with you.

What prompted you to put Wim Hof on the top list of heroes for this year? We have had this wonderful interview that we want to present to everyone, and I think that people would like to know why you are so interested now in Wim Hof and what it can give to them.

Fitts: I believe that of any teacher or educator who can help our subscribers and our audience the most to be successful in 2022 (next year), and whose teaching and leadership can help you be successful for the next year, it's Wim Hof.

It's fascinating. Recently, two people asked me what breathing exercises I was using. When I responded by saying, "Wim Hof," but with this huge smile, as soon as I said, "Wim Hof," they also burst out into smiling because they both use Wim Hof. But that happens with you. People just start to smile whenever you say, "Wim Hof".

Granögger: I so agree. He is such a wonderful person. Such life and happiness he brings.

Fitts: In one of my favorite sermons, the preacher says, "Speak life into your situation," and Wim Hof is somebody who, in a very concrete, practical, economical way, is speaking life into people's situations in a way that can make an enormous difference. We are going into an environment where access to healthcare will be problematic, and this is somebody who can teach you a way of dramatically improving the strength of your immune system, and doing it in a way that is entirely free. So it's totally economical.

I think that many people are depressed by the number of people around them who are making money by killing them, and so it's always wonderful to see an entrepreneur and a family who is building an enduring presence and business by helping millions and millions of people, and doing it with a complete spirit of generosity.

Granögger: Beautiful! Yes, I couldn't agree more.

After the interview, I've added a little science section so people will understand that this is proven science, and that there is an effect on the immune system. We can use this; we just have to do it.

Wim often says, "You don't have to do it alone, but you have to do it yourself."

To go into this practice and stay with it, even though you will probably go through several phases of more or less interest, stay with it.

I've stayed with it for years now. I only do cold showers in the morning, and I know that you have started to do that, as well as the breathing. The effect is phenomenal.

Fitts: I have to mention one thing: If you are someone like Wim Hof, it is beyond challenging to subject yourself to months and months and years and years of skepticism, education, testing, working with doctors and scientists, and the proof of his commitment to helping people be well and healthy is that he has endured an immense amount of scientific analysis of his methods and, of course, been proven absolutely right.

I thought you did a great section to add onto the interview. If you (the listeners) stay on after the interview, you will see it. You see some of those scientists and doctors just give up.

I was looking at one of the papers from the doctor in San Francisco, and I said, "I bet she does Wim Hof because she looks great!"

Granögger: Exactly! It's all about aging, and that is an interesting cue because her work and what is coming out in future books and scientific studies about Wim Hof is showing that genetics and epigenetics are also affected; and perhaps

people should become aware that there is a connection to the *Wave Genome* also.

I think it's important to make that connection because we are learning the strengthening of the immune system, and also, we are given a tool to discover more about reality and to have a 'technology of the mind' to deal with reality. Reality is changing in front of our eyes. We have to be very well-equipped to cope with what is happening.

Fitts: And to take advantage of what is happening. I call it the 'magic that comes in dangerous times'. The opportunities are opening up now. There is a crack in the fixed established order.

If you have not watched the *Wave Genome*, now is a perfect time to take the time to go to the Future Science Series and watch the *Wave Genome* because it will teach you so much about how our reality really works.

What Wim Hof does reminds me of a nun I once heard. She was a teacher, and she would calm her classroom down and bring them to coherence. She would have them use their hands, and she would say, "Come to your power."

Wim Hof is showing us that we have mentally, emotionally, and physically far more power than we dream of. That's why if you watch *Wave Genome*, you will see how what he is saying and the science of Ulrike has been teaching us about how our physical and invisible realities really work, and you will discover a pathway to significantly increase your own physical, mental, and emotional power.

Granögger: I would even add in the 'spiritual power'. What you are saying about the invisible is where we globally need to get equipped. The groups behind the scenes who are orchestrating a lot of what is happening now know more than the chemical/material nature. They also know about this vibratory/energy nature. This is what we can access through breath.

As a side note, the ancient Indian philosophies and scriptures spoke about the fact that we have more than one body. We have a gross material body, but we also have an energy body. They called it 'pranamaya kosha', which is 'a body of

breath’.

With conscious breathing, we go into experiencing this reality, and we will learn so much intelligence from that world of acoustics and epigenetics and electromagnetic energy exchange that is always around us. Only if we are aware of this would we also know where we are manipulated.

One of the aspects of practicing the breathing and the cold is you will go into that brain stem – the limbic system areas of the mind. (This is briefly detailed in the science postscript to the interview.) You will begin to realize that this is how to ‘deprogram’ mind-control programs. This is exactly where we are mind-controlled – in the limbic system.

If we can consciously go there and change through a complete reset of the hormonal and neurotransmitter system, then there will be clarity. We will become aware of how to differentiate between our own reality and that which is imposed upon us. I think that is so important for the future.

Fitts: I’m about to record my reflections for the year. I think the most important thing that we have to do in 2022 is reaching out to help the people who have been harmed by COVID-19 – by the restrictions, by the withholding of therapies, by the injections, and by related depression and death. I believe that, when I was choosing *Hero of the Year*, what is the thing that we could use to help all of these people and help them find a positive way forward? I can’t think of anything better than what Wim Hof is teaching. It’s so economical, and so doable; everybody can do it.

I say that, and as you know, I mightily resisted doing this.

Granögger: Everybody would. The cold is a strange reality, and I’m the same. To go out into the cold, it seems strange. Now I realize that it’s simply another state of consciousness.

Fitts: It’s ironic because there is nothing I love more than a hot tub or a warm shower in the morning, so I resisted this. But those who know me know that I always say, “Ulrike says this, and she’s always right.”

I kept telling people, “I have to do the Wim Hof Method because Ulrike is right.” Then I had this horrible boating accident. It was the first time I had ever experienced chronic pain on an extended basis. I said, “I’ve got to get radical, and I’ve got to do something. Ulrike is always right.”

Wim Hof came out with a new book, *The Wim Hof Method*. I should say that as part of our Christmas donation, we have offered to send 50 copies for free to any subscriber who puts in a support ticket and says, “I’ve been hurt by COVID-19 – the restrictions, the injections. Send me a copy.”

We have the books sitting on the shelf. Let us know, and we will send you a copy.

I read the *Wim Hof Method* book, and I think they have ‘upped their game’ in terms of explaining the whole method and how to do it. It’s a wonderful book to read.

That got me started, and one of the things that helped me the most was that I learned I could do the cold shower after the warm shower. So, I’m still doing the warm shower first.

I found within short order – and I couldn’t believe it – that I had 10-15% more energy almost immediately every day from doing that. I look forward to the cold showers now. I can’t believe it, but I look forward to it.

Granögger: I would say to the subscribers and listeners that “Catherine is always right”. She has proven to be right over decades. If she asks you and recommends for all of us to do this, I know she has this intuitive honing in on the real problem and the real solutions. So, I hope that most subscribers will try it. Do the breathing and the cold, and see what it does to you.

Fitts: I want to say one other thing about Wim Hof. I was doing the breathing on my own, but now I listen to one of Wim Hof’s apps in the morning, and I do it along with the app. Getting accurate information from somebody you don’t trust is very different than getting it from somebody you trust.

If you look at how Wim Hof has developed his methods and how he has lived his methods, he is a person of extraordinary integrity. Receiving the information

from somebody with that level of integrity has an impact. Part of the impact is that our world does not have to be like this. Imagine a world where we are governed by leaders who really want the best for all of us. You get this feeling of possibilities when you are listening to Wim Hof or when we went to do the interview with him.

We can raise up people like this who want the best for us, and what a world that would feel like. What a possibility that is.

One of the things that gives me hope is the same thing that used to happen to me whenever I would watch Sir James Goldsmith explain globalization. Imagine a world where this man was our President. Imagine a world where Wim Hof was the Health Minister. We would all be so healthy that the ministry would shut down.

Granögger: In fact, it's ourselves! This internal alchemist, as he would say, is the 'pharmacy of the brain' that can do the whole health ministry worldwide.

Fitts: It's what he can teach us and how that can help us and how we can grow, but it's also experiencing the authenticity of his leadership and his desire to teach that is very healing, given what we are dealing with.

Granögger: And that makes him a real hero.

Fitts: He is definitely a hero. So, he is *Hero of the Year*. Now we can begin your great interview.

We got into the car, and what a great road trip this was! Wim Hof is arguably one of the busiest men on the planet right now. So, getting an interview with Wim Hof is impossible, but you can tell that you two have a chemistry, and you got the interview. So, we immediately 'piled' into the car with the photographer and the video cameras and all the equipment, and drove about two hours south to interview Wim Hof at his compound. It was a magical experience. That is the only way that I can describe it.

I thank you very much for that, and I know everybody is going to enjoy this very much.

Granögger: Thank you, Catherine.

Fitts: Thank you, Ulrike.

Granögger: Wim Hof, thank you so much for allowing us to come here to your center in Stroe (Netherlands).

We are having this conversation for *The Solari Report*. My name is Ulrike Granögger, and you know me from *The Solari Future Science* department on *The Solari Report*.

It's my great honor to speak with you, Wim Hof. He is not just one of the kindest and wisest human beings that I have met, but also someone who has already achieved a paradigm shift of science and medicine in his lifetime. Most people may not have heard of this enormous breakthrough in science that he has achieved and proven in the textbooks.

Today we want to talk a little about this. We do this in the context of *The Solari Report*. Catherine Austin Fitts has advised everybody to read his book. She wants all of her subscribers to dive into the Wim Hof Method and to benefit from its elements for health, for coherence of mind, for unity in social relations, and for an ability to make better decisions for the future.

We are going into a world, as you all know, that may be controlled by passports that the global banking system is going to impose on everybody. As Catherine Austin Fitts has said in Milan, Italy and Bern, Switzerland only recently, these passports will take away the assets, not only from those who are healthy or who are vaccinated, but also from those who are unvaccinated, and vice-versa; not only from those who will refuse to join the system, but also from those who comply with the system. This is going to be a major shift in the future.

We are at the point where we need to find new ways of finding medicine in ourselves. Who better now to talk to about medicine of the future – literally a science of the future – than Wim Hof who has shown to be the laboratory in his own body?

Wim Hof, thank you once again for doing this with us. I would like to ask you some questions about your methods. There are three elements in your technique: Cold exposure, breathing technique, and we will later go to the mindset and to the soul because I feel that this is even more important.

Let's first go to the cold. What does the cold exposure do? Most people shun the cold, and they are not happy to take a cold shower. Why should we all try this out? What does it do in the physiology?

Wim Hof: In the physiology it brings our will in connection with a much deeper control. This is actually the way nature meant it. What I mean by that is we are built to endure environmental stress upon our bodies. It was only when we began to think in the industrialized world and make extensions that we suddenly got into a comfort zone behavior, which is the extension of what we think. Our thinking is not necessarily the deepest part of our brain where emotions live, where pain lives, where the purpose of life lives. It's not there. It's all what we think, and we think we can control nature, but we cannot control happiness, strength, and health. No money can buy happiness, strength, and health. You can get to that through exposing yourself to a slight discomfort of a cool shower. How simple it is.

We found the keys to tap into the deeper realms of Mother Nature's capacities in us to become happy, strong, and healthy. This is the hormonal system, the immune system, the energy system, and our cell level. This even goes into the DNA, past time, into our ancestry. We are able to tap in at will, and that is the autonomic nervous system.

At will, we are able to tap in whereas in science, we are told that for humans this is impossible to tap into, and that is our happiness. It is part of your hormonal system. We are able to enter into that deeply – further than what science thought was possible.

The cold tackles two things, "A cold shower a day keeps the doctor away." That is what I always say. Make it simple, be simple, and just do it. The cold can train 100,000 kilometers in each and every one of us and our millions of little muscles. They help the blood flow go through much better. It's a great exercise.

You can do it, and you have no excuse.

There is a woman who is 100 years old, and she is the oldest person who is doing this. She is dancing in the cold. Her sister is doing it as well, and she is 98.

Some people say, "It's so cold!"

Hey, no excuses. This is the greatest thing that you can do for your cardiovascular system.

Granögger: What I think it is is that we have thousands of miles of blood cardiovascular circulatory system throughout the body.

Hof: Seventy-thousand miles in each one of us.

Granögger: It's 70,000 miles of arteries and veins and capillaries. Each one of them is moved by tiny little muscles around them. This is now being trained; it's being activated; it's like a massage of each of these.

Hof: Do you know what happens? The heart rate goes down because it doesn't need to compensate for the loss of condition of the muscular tone of the vascular system. The heart rate is suddenly 20-30 [beats per minute]. Too much acceleration creates a signal to the liver for cortisol activation and glucose. That's why we can't sleep. We go too fast for our bodies. How simple it is, right?

So stress goes down, and energy goes way up. You had better take the cold shower. Why? Because it's 'bloody' good!

Granögger: There are all kinds of videos on the *Wim Hof Method* website. It does a wonderful job of offering certain courses that you can do.

Hof: It is all for free. Health is for free; you just have to do it.

Granögger: That is the missionary in Wim. It is actually for free, and he does this from his pure heart. But I do advise you to go to the website and look at these videos to learn how to approach longer cold showers.

Hof: If you want to see me, that, of course, needs to be organized with flights and all of that. Hey, you have to pay something. But, if you take a good look, it's for free.

Granögger: It's the cold that is training the vascular system. We know that the greatest killer in the world is the cardiovascular diseases. This can be avoided if we only start early enough.

Hof: That it is; it is preventative medicine. It's a killer for the pharmaceutical industry. I'm sorry. Even for the people working in the pharmaceutical industry, this is the best thing that you can do for yourself. It's much better than money.

Granögger: You were speaking about hormetic stress or hormesis. This is a reduced level of stress in order to train. Could you say more about that?

Hof: Self-afflicted acute stressful exercise. Just do the breathing exercises. They compared the level of the adrenalin spike in a person who does for the first time a bungee jump. They have taken the blood and compared it to people doing this breathing exercise within 20 minutes. It appears to be that the adrenal spike in the people doing the breathing exercises is almost twice as high as a person who goes in fear into their first bungee jump. Imagine that! That is so powerful in your brain! You are actually high on your own supply doing this breathing.

In your reptilian brain, your brain stem – the survival brain, which is only reactive and doesn't think – if certain things happen in the body and you don't breathe for two or three and a half minutes, it sends out signals, "You're going to die! You need to produce adrenalin!" It's like a shot of adrenalin rush straight into the heart after a heart attack. This resets the body so strongly that we are suddenly past the conditioned 'comfort zone behaviorism' of our body and mind. Then we can experience so much deeper. Maybe you can see your ancestors or you can hallucinate and have spiritual moments. You have such a deep peace.

That resets past our conditioned mind. We have to change it and show that it is as simple as that. Just breathe.

Granögger: That is the second part of the technique of the Wim Hof Method. In addition to the cold exposure, which has all kinds of physiological effects, you have the breathing technique.

Hof: Can I say one thing more about the breathing? We showed in a study on bringing down endotoxins – E. coli bacteria. Viruses and bacteria cause inflammation. Doing these breathing exercises, it showed that within 15 minutes you can bring down the inflammation as strongly as is normally done after five to seven days with the flu. The inflammation is suddenly being brought down.

It's the activation of the specific immune system. We can do that now in 15 minutes.

Just dive into it, and look into it. If I'm saying 'bulls**t', prove to me that I am saying 'bulls**t'. This stuff works! It works for you, for the President, for the Queen, for the carpenter, and for anybody.

Granögger: Especially in the time of a pandemic where we all are in fear of a virus and of inflammation and infection.

Hof: And once again, it's for free. It's not 25 cents a breath or \$2.50 a breath. It's there. Take it.

We've found the bridges and the connections, we found the insights and understanding. It's there. You have the autonomy to take it on. Feel that sense of autonomy. You can be ruling over your biochemistry, your beautiful cardiovascular system, and any other system inside. You are the alchemist.

Granögger: Can you talk for a few moments about the Radboud University study. This is the one that you just mentioned. It is the one that is actually rewriting the textbooks.

I know that you are in cooperation with other universities and more scientific studies – science is working slowly – are on the platform to show more of this effect. This one, we can talk about, namely how there were endotoxins injected in Wim's body, who was able to overcome all of the immune reactions. There

was not a single trace of a fever or a raised heartbeat.

Hof: Uncontrolled shivering, fever, headaches, backaches, and muscle aches are caused by E. coli bacteria. Real E. coli bacteria can be lethal. So, this was a controlled experiment. There were three to six hours of inflammation – strong inflammation. You go into a peak, and then you come down slowly. That is the way that it normally goes.

After 16,134 people were subjected to the endotoxemia E. coli bacteria that were injected in a three to six hours of a controlled experiment, they all became sick. I trained 12 people within four days, and they did not become sick. There we changed science; we changed our understanding of what humans are capable of against inflammation.

In Western society and all over the world, inflammation kills 60 to 70 million people. COVID kills five million. Inflammation kills 60 to 70 million people every year, and no one is talking about it. But we found a way to bring down the cause and effect of the disease of inflammation. With that, not only 60 to 70 million people cause and effect inflammation, but we also brought the ability to improve the quality of your own life. We brought the ability to have autonomy over deeper levels of yourself – unknown and unprecedented. It's all there, and it doesn't cost a penny.

Granögger: And it was possible in four days to train these young men who did not know how to do this before. Everybody can do it. All of us can do this. We don't have to prove science; we only have to prove to ourselves that we can remain healthy and functional in a world that is changing in front of our eyes.

We have the cold therapy, and we have the breath. Why do we bring both of them together? What is happening within us?

The way I see it, and maybe you can expand on this or say it differently, is that the cold has this physiological effect, but it is also the fear factor that I'm now confronting. With my breath, I come to that cold as this darkness or this fear or sadness or whatever is going on in my life, and I begin to confront this. I begin to take control in that moment of my breath. That then changes the physiology and the biochemical reaction. Suddenly, I realize that wherever there is darkness,

whatever fear or sadness I have, and whatever danger there is, I can deal with it. Is that about right?

Hof: Yes, that is a beautiful philosophical view of it. If you look at the biochemistry alkalinity in the body, which is caused by deeper breathing, you are able to disentangle the trimers causing the pain signal. Temperature and pain signals are very close together in our system, and they are being activated through the cold.

Because the cold is there, it influences the temperature sensors that are close to the monomers of the pain signals coming together. That creates a pain signal. We don't have control over pain; that is why we are in fear over the cold or the heat or the discomfort. We have never learned to have control over that.

Now we have found the control. The control is deeper breathing, by which the body is becoming alkaline. With that, the alkalinity causes the biochemistry of the neurology to adapt quickly. Then there is no danger.

In our subconscious, we know we are not connected to all of that; we don't know how it works. So, we become a victim at that moment. "Oh, it's so cold! It's emotionally bad!"

We don't have a deeper control over ourselves anymore because we have no control over our life force. The life force is here – in the breathing.

Once the neurology of your brain, which is neuro-signaling, together you become the 'captain of your own ship' and your own body, but it needs to be done through the alkalinity caused by the biochemical change through breath. Have confidence and try it out. Then you suddenly see that you are sitting there in the icy cold water, and you can relax. Soon you can sit for long times, making jokes and using warming up techniques like flatus and maybe a little urine in the water. Don't tell anybody, but that is a warming up technique.

Don't make it too difficult. We have found a way to connect with our biochemistry by controlling our neurology through our neuro-signaling, which is our will. With that, we become the alchemists or simply able to regulate our own mood, 'fire up' or boost the immune system when it is needed, and have a load

of energy. We have so much energy that is always there at our disposal. That is the way the body really works. It's not the way that we have learned it, but now we come here and teach you that it's there. It's simple, and here it is.

Granögger: We don't have to protect it all the time.

This is what is happening in the center of the brain; it's entering that brain stem, entering the hypothalamus and that whole axis of controlling the biochemistry consciously. This is what meditators do, this is what happy people do, and this is what healthy people do.

Hof: I can tell you that in brain scans they have compared meditators for four hours a day for years, and people doing ten minutes of this breathing are able to enter into deeper realms of the brain than the meditators doing four hours a day for years.

Granögger: I believe it.

Hof: I'm sorry that it is so simple. There are no courses or any of this other stuff; just breathe. I always say very eloquently, "Breathe, 'motherf***er'". Do you know why? Because you are always thinking, thinking, thinking.

They made things so complicated and made us thinking all the time. That doesn't leave us alone. When we want to go to sleep, we have to think about all kinds of sh**ty things.

I want deep peace when I go to sleep and great dreams – beautiful dreams – and when I wake up, I am full of energy. That is the way that I want to feel. That is behind the words and behind the thought.

I'm a great being because my body is fully energized. That is the breathing doing it. So, get aligned with your mind because the mind we have shown in brain scans can be accessed into the deepest of the deepest of the brain, which was also thought of as inaccessible. Now it is there.

Professor Muzik said in a new book by Scott Carney, an investigative journalist, "Wim Hof has found the secret of placebo." A placebo is no longer. It is *you* willfully being able to heal yourself. It's only logic. You have all the capacities to

heal yourself and your ancestral trauma. You go, therefore, into the DNA with the same neuro-signaling.

Do the breathing and alkalize the body; biochemistry and neurology are like light and electricity; it goes on when the body is alkalized.

We keep it simple. I'm sorry it's not difficult or complicated. It's not 20 years of yoga training. Sorry, it's simple.

Within a half hour, you are able to get into the ancestral trauma, into the gene expressions, and into the deregulated, closed-up proteins of those genes and take it out. Then do you know what happens? Big things happen. Your ancestors will be very happy because they roam around here, and they ask, "Can you free us, because we couldn't in our lives?"

You have that responsibility. That is the soul. You are the one who brings the freedom. Do you see that?

If you don't understand it yet, "It's too far," or, "It's too fast." Sorry, I just did the DNA research with the top researchers of the world, and it's all there. We are able to tap in visibly with electronic microscopes. We can go 13 generations before, and the seven generations to come. The native is back; it's us. We are in harmony with the world and with nature to bring love and freedom, to bring the soul.

Granögger: It's 'mind-blowing' work.

Hof: That is who we are, and that is why we are here.

Granögger: Thank you. That is powerful!

Catherine, do you want to comment?

Fitts: Yes! First, I just want to say, "Congratulations!" You are the *Solari Report Hero of the Year*. You made an extraordinary difference to millions of people in 2021.

Hof: Thank you.

Fitts: I think that will accelerate in 2022. One characteristic that is most important to us is integrity. You make this method sound easy and simple. But if you look at the history of your figuring it out, creating it, and developing it, and then teaching the scientists and the doctors, that was not simple; that took many, many years. The beauty of it is that first, you proved it on yourself.

Tell us just a little about what that journey was like. You never gave up until you found it. That is quite extraordinary.

Hof: Exactly! If I dive back into it, it was my mother at my birth. They weren't aware there was a second one – and I was the second one. I was too deep inside. Back then, they had only these wooden trumpets [stethoscopes].

I was almost born too late. So you know what happened? I suffocated. There was less oxygen getting in, and I needed to get out.

They said, “We need to go to the operation room.” Just before entering the operation room, my mother who was very pious, she was a big believer in God, but also very afraid at that moment because they were going to do a caesarian section. Imagine that in the cold of a hall. I was born pushed out with the words, “Oh, God! Let this child live. I will make him a missionary.”

Here I am, and I am the missionary. It's not me; it was the little piece of purple nothing coming out with that invocation. That is a tattoo; that is the mother that you just saw in the cave. That is femininity. That is so powerful. That can fulfill the purpose of the universe itself.

We men are only extension tools. So, I just do what I have to do, and I will do it with all my love and all my conviction and all my passion for my mother.

Fitts: You overcame disease. You overcame sadness and grief and loss. If you look at all the things that you were dealing with, you dealt with it, and it works.

Hof: I had to deal with it, and love is a great power. It is the greatest power actually; there is no power that goes beyond that.

Let's think about that for a moment. Is there? I don't think so.

I had to take care of four children alone after my wife's suicide. She was the love of my life. Then it was suddenly gone. My mind was devastated. I could simply not deal with it. It's your mind, and you have to control life. Life as it was, the control was completely gone. I was devastated, but there was no time. I had to take care of four children, and I had no money.

I went into the cold much more consciously because I found that was the only moment when this emotionally agonizing mind and body – because a broken heart is physical – was surviving. When I went into the icy cold water, I was surviving. I was not in this emotional agony; that broke the wheel of that agony.

With that, suddenly, I became very conscious of that fact. So, I went back every day – and sometimes more often a day – just to have the time with myself, and to have a break. The result I found was that I had so much energy. I was so healthy and strong. I was never sick. I was always at the disposal of my poor little beautiful children. I'm working with them right now.

My older son is 38, and I call him the biggest a**hole of the world, but we have great chemistry. We have a company that reaches out to 100 million people now.

Fitts: And you have a beautiful website.

Hof: Yes, the website is also nice. That is what he did. He is still a 'bloody a**hole', but that is beside the point.

I love him, and I love my kids. I work with them. But back then, I had to take care of them, and the love came through the cold.

Fitts: In 2021, we've watched many powerful forces try to persuade us to adopt an inhuman culture and an inhuman civilization. The reason you are the *Solari Report Hero of the Year* is that you are one person busting through all of it and saying, "We're going to build a human civilization because we are powerful, and we can find that power in ourselves. We don't need all of this 'baloney'."

Hof: Exactly! Absolutely! The paradigm of dependency has come to an end. They are now trying to get us all vaccinated. “Hey, man! For millions of years, we built up an immune system. Have you ever heard of that? It’s there, and it’s very capable of dealing with viruses, bacteria, emotional stress, mental stress, and any stress. That is why we go now through the love.”

By the way, that is my little one. They just opened the door (during the interview). My oldest one is 38, and my youngest one is four years old. Come here! Look at him!

You can’t break the soul; the soul is eternal and unbreakable. Let’s get back to humanity. The way nature meant it to be was to live the soul.

A happy man is not into belongings; a happy man doesn’t go to war. An unhappy man goes to war. An unhappy man wants more, more, more, and then he takes what is not his.

Going back to the soul, we have a core inside of us that is able to bypass what is artificially happening with us. They have created a dependency that makes us retreat like a turtle, when there is danger going into the shell, and when it’s okay again, you go out. There are some forces trying to control society, but humanity has a purpose on this earth, and that purpose is going to be lived because the soul is stronger than power, control, or anything like that.

Let’s get back there; let’s get to sense. Rise from the dead, and from being mesmerized. We are not lemmings; we are humans. We don’t follow...

The new generations are waiting for us. Or rather, they don’t wait for us! They want to be taken care of. Are we the ones to protect innocence? Yes, we are. We have all the power, and it’s very simple. It’s there; it’s the soul.

Fitts: Thank you so much.

Granögger: Thank you!

We hope you were inspired by Wim Hof speaking. Try it out for yourselves.

From my own experience, and as someone who probably, like you, has had quite a resistance to the cold, I cannot recommend this step strongly enough. It will give you a form of resilience, clarity, and freedom that you may not have otherwise deemed possible.

I would just like to add a few elements to help highlight the conversation and some of the things that Wim said.

You now know that the Wim Hof Method consists of three main elements: The cold exposure, the breathing, and a shift of consciousness. In the beginning, Wim talks about the effect of exposing ourselves to the cold and how this small discomfort helps us get in touch with deeper parts of the brain. Those brain areas, called the limbic system, control the autonomic nervous system.

These are the brain areas that connect to our deeper selves – our emotions, our pain, and pleasure perception – and thus play a major role in motivation and reward behavior. Also, these play a role in decision-making and in our outlook or perspective on life.

The neural center of temperature perception and control or *thermoregulation* in the brain is very close to the area where the pain receptors are situated. That is where *nociception*, the perception of pain, is regulated.

These nociceptors are pH sensitive and will activate in response to acidity in the system. Increased alkalinity attenuates their activity and therefore increases pain tolerance. This temporary and possibly long-term alkalinity is an important effect of the breathing exercises and has far-reaching implications for cellular health altogether.

The brain areas of particular interest are the *periaqueductal gray area*, which is involved in releasing of specific hormones and neurochemicals that can inhibit or modulate pain sensation. This involves dopaminergic neurons and opioid receptors that are activated or excited in pleasure and pain moments. Interestingly, this same region is also the brain circuit that scientists relate to spirituality.

The periaqueductal gray, in addition, is connected to the vagus nerve that is

toned by the ice baths and cold shower exercises, especially when you can get your head into the cold water, toning the vagus.

The periaqueductal gray surrounds the so-called cerebral aqueduct, a most important canal or conduit in the brain for the cerebral spinal fluid. This cerebral spinal fluid is affected by the breathing rhythm, resulting in stronger fluid flows and helps its circulation throughout the brain and the spinal column.

The periaqueductal gray is also the area that gets increased blood flow by the breathing technique that you will do as you practice the Wim Hof Method, especially the part of the hold upon the inhalation and squeezing to the head.

For the cardiovascular, Wim mentions in the interview that if you were to stretch out all the veins, arteries, and capillaries from the body into one length, it would be over 66,000 miles or over 100,000 kilometers, which is stretching 2.5 times around the planet Earth.

In the cold exposure, these capillaries and vascular vessels are contracted and expanded. The tiny muscles around each of these vessels that enable the contraction and expansion are exercised. So, when we do the cold exposure and the breathing, we produce those hormones and neurotransmitters that allow us to be more alert, more present, and capable, and competent in life.

The breathing that we are doing every day now as we embark upon the Wim Hof Method produces double the amount of epinephrine or adrenaline than a first-time bungee jump, which happens every day. This means that we can reset beyond our environmental and interior conditioning.

So, what happens during the particular Wim Hof breathing practice? When we talk about breath, we mostly think of the oxygen uptake that it provides. This is a primary component of breathing – to bring in enough oxygen that will then be bound in red blood cells to the iron atom in the heme molecule and be transported to the organs and cells. This fuels the ATP production in the mitochondria. Oxygen is the actual agent fueling cellular respiration or metabolism of oxygen and nutrient molecules into energy.

There is a very interesting recent study that calls for a reevaluation of the

function of molecular oxygen in energy production. So when we breathe in air, the oxygen that reaches the alveoli in the lungs diffuses into the bloodstream, and the carbon dioxide, which is an end product or waste of cellular respiration or energy metabolism, diffuses back from the pulmonary capillaries into the air of the lungs to be exhaled. There is a constant gas exchange going on, and the partial pressures of oxygen and carbon dioxide remain more or less constant in our normal breathing.

When we do the Wim Hof breathing with its strong in-breaths of 30 or 40 times of easy out-breaths, the effect is both of full capacity of oxygen in the lungs and a lower CO₂ content in the blood, which momentarily changes the acid-base homeostasis. The body becomes alkaline, and for a while, the urge to take a breath – which sets in when CO₂ in the blood reaches a certain level – is reduced.

So, in the Wim Hof breathing, you have, on the one hand, a belated urge to take a breath due to lowered CO₂ levels, but you also have in the breath- hold decreased oxygen levels which activate the response of the autonomic nervous system. This is where Wim refers to the groundbreaking endotoxin study with *E. coli* bacteria that was accomplished at Radboud University in Nijmegen.

We should look at this study more closely. The study was carried out in 2014 at the Institute for Infection, Inflammation, and Immunity of Radboud University Medical Center. It involved 12 participants trained by Wim Hof within the short period of less than a week to practice the breathing and cold exposure mindset. Also involved was a group of 12 untrained individuals who acted as a control.

Participants of both groups received intravenous inactivated *E. coli* bacteria that were not lethally poisonous, but would still elicit a strong immune response in the body. Usually, people who undergo experimental human endotoxemia will, for a period of a few hours, get intense symptoms of sickness – headaches, nausea, fever, uncontrollable body shivering, and will feel very weak throughout the experiment.

Wim in 2011, and the group of 12 individuals trained by him in 2014 were the first to display no symptoms and manifest very different blood parameters throughout. The most apparent parameter was the remarkable increase in

epinephrine in the blood in the trained group.

What is noticeable is that the epinephrine or adrenaline had peaked in the trained participants *before* and *at* the time code 'zero', which marks the onset of the bacteria injection. This is the time when they started their breathing techniques.

Here we see the mean data curve for the trained and untrained individuals. Untrained individuals only began to produce adrenaline in response to the endotoxin far into the experiment: "Practicing the learned techniques resulted in intermittent respiratory alkalosis and hypoxia resulting in significantly increased plasma epinephrine levels."

The raised levels of epinephrine limit the production of pro-inflammatory cytokines Interleukin-6 (IL-6), Interleukin-8 (IL-8), and Tumor necrosis factor-alpha (TNF- α), while the anti-inflammatory Interleukin-10 (IL-10) is greatly increased. This leads to a marked decrease in inflammatory response and reaction symptoms.

Also notice how fast this works. In the first hour, the immune system was on top of what was happening. In addition, white blood cell counts were taken. Despite the decreased inflammatory response, white blood cells were not reduced. On the contrary, the higher levels of epinephrine in the blood triggered an increase in white blood cells, indicating that the immune system is perfectly active even though the body seemingly does not respond to the inflammatory agent.

So, both breathing and cold have their own benefits. When brought together, there is a profound connection to the deeper neurology and that which we thought was beyond – or perhaps below – our control.

This has been shown in a scientific study, and further studies are underway. The study by Otto Muzik, Ph.D. and Vaibhav Diwadkar, Ph.D. of Wayne State University Medical School in Michigan, performed with functional MRI measurements. They were looking at what happens in the brain and body during cold exposure. A special suit that was filled with cold and hot water introduced temperature variations while Wim's body and brain were scanned while lying in

MRI and PET machines.

What was found was surprising, namely that the periaqueductal gray area was activated in ways not seen before. This is a kind of ‘hacking’ of those mid-brain areas that, as mentioned earlier, are connected with endocannabinoids and opioids that the brain itself produces. According to the scientists, the response is due to the combination of two stressors: The breath-hold *and* the cold threat. We produce a double reset of the nervous system and thus begin to go into deeper levels of conscious mastery.

At the end of the interview, Wim refers again to the generations and genetic and epigenetic factors. This yet unpublished work is being carried out at the University of California San Francisco that shows how the reset of conditioning that is achieved through the breath and cold will, in fact, influence gene expression and protect the chromosomal telomeres.

Now let us go into the practice of the Wim Hof technique with the breathing every day and the cold showers. That will bring us more health, greater strength and resilience, and a happy outlook throughout our lives.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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